

Burns Team Contact Details

For more information about any of the services please contact a member of the Burns Team.

Burns Unit Tel: 0151 252 5400 Open 24 hours seven days a week	Occupational Therapy Dept Tel: 0151 252 5453 Open Monday-Friday 9.00 am-5.00 pm
Physiotherapy Dept Tel: 0151 252 5236 Open Monday-Friday 9.00 am-5.00 pm	Psychology Dept Tel: 0151 252 5586 Open Monday-Friday 9.00 am-5.00 pm

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Burns Unit

Managing itchy skin after a burn injury

Information for patients, parents
and carers



Introduction

Itch (pruritus) in wounds following a burn injury is very common. Frequent itch can affect your daily activities and also stop you from sleeping well at night. For these reasons it can be quite distressing. Scratching the itch can also cause healed burns, skin grafts and donor sites to break down because skin can be fragile in these areas.

Potential Treatments/Actions

The following treatments/actions have been found to be effective in dealing with this problem, both on their own or with a combination of the different treatments.

Creating the right environment

- Wearing cool cotton clothing over the affected area has been found to be beneficial
- Avoid nylon and wool clothing which can irritate the skin
- Ensure the room that you are in is kept cool
- Drink plenty of fluids and ensure that you do not become dehydrated
- Use cotton bedding ensuring that strong detergents are not used when the bedding is washed
- Place a hand towel in a plastic bag and then place it in the fridge.

When you experience the itching remove the towel from the bag and place over the affected area.

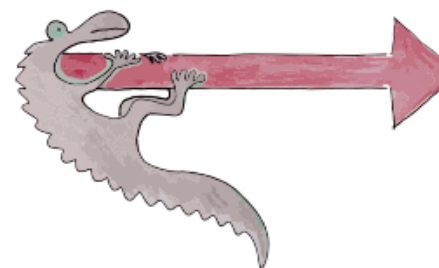
Moisturising and Massaging

- Wash the affected area 2-3 times a day. Use non-scented soap then pat the area dry with a clean towel and apply a non-scented moisturiser advised by your burn doctor or nurse
- Use gentle pressure with your index and middle finger to massage the area
- The pressure of massage should be firm enough to change the colour of the scar from pink to white
- Gently massage with small circles
- After each episode continue to wear your pressure garments if you have been given them
- Store your moisturising cream in the fridge

Medication

Taking antihistamine medication can be effective for some people. However care must be taken when considering any medication. Discuss this with your doctor at your clinic appointment. If this medication is appropriate it should be taken as prescribed.

If these treatments are not effective then please speak to your Burns Unit staff.



For more information about any of the services please contact a member of the Burns Team.